

"5 little known secrets to change ANY behavior"

Antonio Perez, CH.t



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Aloha, I'm Antonio Perez. Thanks for buying this ebook. In this Ebook I'm going to teach you 5 ways that you can change *any* behavior.

As long as you have a true desire to change, you can.

Throughout this book I'm going to talk about your conscious mind and your unconscious (subconscious). Is there an actual split between the two? I doubt it. Its just my way of explaining things.

Think of the conscious mind as the logical part of your mind, and your unconscious as the emotional part. The unconscious is responsible for EVERYTHING that we do. The conscious mind just tries to make sense of the outside world.

To create true change we need to on the unconscious level. No will power needed. When people try to use will power to stop drinking, stop smoking, etc. its an uphill battle.

The best way to get access to your unconscious is with self-hypnosis. A hypnotic trance will allow you to communicate directly with your unconscious.

You're about to learn my favorite method for self-hypnosis. It took me a while to find a method that really "resonated" with me.

Self-Hypnosis like any other skill takes practice. Don't expect miraculous changes right away. Enjoy the ride!

The 3-2-1 Countdown Method

What you need to do is to get in a comfortable position with as little distractions as possible (quiet the phone, music, etc).

- 1) Start off the session by stating something along the lines of “I'm going to do self-hypnosis for X amount of time for the purpose of [YOUR GOAL]”
- 2) With your eyes open mentally state 3 things that you can see nice and slowly. (I can see the bathroom door, I can see the ceiling fan spinning, I can see my arms resting on my stomach).
- 3) Mentally state 3 things that you can hear nice and slowly. (I can hear the spinning of the fan blade, I can hear the hum of the fridge, I can hear the wind blowing outside).
- 4) Mentally state 3 things that you can feel nice and slowly. (I can feel the temperature of the air on my skin, I can feel the bed below my body, I can feel the texture of my shirt on my body).
- 5) Repeat steps 1 to 3 with 2 things you can see, hear and feel. Then repeat steps 1 to 3 with 1 thing you can see, hear and feel.

So basically

1. "I am now aware that I see _____.
(Repeat 3 times, 3 different visual observations)
2. "I am now aware that I hear _____.
(Repeat with 3 different auditory observations)
3. "I am now aware that I feel _____.
(Repeat with 3 different kinesthetic observations)

1. "I am now aware that I see ____."

(Repeat 2 times, 2 different visual observations)

2. "I am now aware that I hear ____."

(Repeat with 2 different auditory observations)

3. "I am now aware that I feel ____."

(Repeat with 2 different kinesthetic observations)

1. "I am now aware that I see ____."

(Repeat 1 times, 1 different visual observations)

2. "I am now aware that I hear ____."

(Repeat with 1 different auditory observations)

3. "I am now aware that I feel ____."

(Repeat with 1 different kinesthetic observations)

NOTE: It may take you a little bit of practice to get this technique down. Sometimes its much faster and easier to have a qualified Hypnotherapist teach you how to do self-hypnosis.

If you'd like to talk to me about teaching you self-hypnosis in person you can [call me at 808-639-4529](#) or [leave me an email](#)

This technique was taken by my friend and colleague [Doug Obrien](#).

The first thing you need to know about **ALL** behaviors is this:

The behavior is serving a purpose.

If it wasn't, we wouldn't keep repeating the behavior. While a behavior can seem to be self-destructive (smoking, drinking, depression, etc.) it's there for a reason.

All behaviors we have need some kind of "fuel" to make them happen. Think of this fuel as an unconscious "part" of us. These behaviors are satisfying some sort of need.

Rather than bore you with a bunch of theories I'd rather have you try a quick experiment for yourself. I want you to think of some kind of habit, behavior, etc. that you have that bugs you.

NOTE: Make sure it's something simple.

- 1) Do Self-Hypnosis
- 2) "Connect" with the part of you that causes this behavior to happen. You might get a sensation, a negative feeling, etc.
- 3) Once you've connected with this "part" of you simply ask this part "What do you want for me?"
- 4) It may take you a little while to figure out what this part wants. It might want security, safety, connection, peace, etc. There is no telling what it wants.
- 5) When you have an idea of what this part wants simply ask it to give you **3** alternative behaviors that are positive that will satisfy this need.
- 6) Engage in these alternative behaviors!

Circle of Excellence Technique

Now you're going to learn how you can feel **ANY** positive feelings that you want **ANYTIME** you want.

- 1) Draw an imaginary circle on the floor or mark a circle in chalk large enough to step into.
- 2) Remember experiences where you felt powerful, creative, composed, or any resourceful state where you felt balanced and centered.
- 3) Step into the circle only as quickly or slowly as you remember and re-access the resourceful state through your inner senses. ie. See what you saw through your own eyes within the actual experience, hear the sounds and language used, and get in touch with your posture, breathing and emotions when inside the desirable resource memory.

Note that an observer would see changes in your physiology such as better posture, deeper breathing, and skin color changes. If there is no noticeable change in your physiology the resource state is either poorly accessed or low intensity. If it is low intensity, choose another resource state that is more powerful.

- 4) Repeat step 3. with an additional resource state, continuing to add resource states One at a time. When you have enough resources, you step automatically into a very powerful state on entering the circle which is truly now a circle of excellence.
- 5) Next think of a time when these powerful emotions would come in handy. Maybe dealing with someone at work, talking to someone

you find attractive, etc. Simply jump back in the circle and imagine that you're in a situation where you would want to have these feelings.

See everything happening the way you want it to happen while you feel these strong feelings. Repeat step 5 as many times as you want, preferably with a few different experiences.

The next technique is a **very** powerful technique. You can use it to stop bad habits in their tracks!

The Swish Pattern

The swish pattern, as odd as it sounds, is a very POWERFUL technique. Only use it on behaviors that you want to stop completely. Sometimes there is no turning back (which can be a good thing, right?).

Instead of writing out a bunch of directions for you I'm going to suggest that you watch a video of Tony Robbins explaining how to do the swish pattern. It makes much more sense if you watch it in action.

WARNING: This video can be kind of cheesy.

[Click here to watch this video on youtube](#) (or click the video below)



Dream your way to success

You're probably aware of the fact that your dreams are a direct path to your subconscious. What better way to influence your behaviors than with your dreams?

Another important fact to know is the subconscious works in symbols. With this technique you'll use a very simple way to get a special “symbol” into your dreams.

1) Decide on what you want to accomplish. Make sure its stated in the positive. “I don't want to be depressed” isn't a good choice. Instead you could use something such as “I'm a confident person **because** I have a lot to offer the world”

NOTE: Its important to use the word because. The reason for this is that anything that follows the word because is a belief. We were trained as little kids with the word because. “Why can't I have a cookie?” “Because you haven't eaten dinner”. That basically sets up the belief that you need to have dinner before you eat desert.

Think about when someone says something like “I can't talk to women because I'm not confident”. The belief is they aren't confident. So make sure to use the word because in your goal because I said so ;)

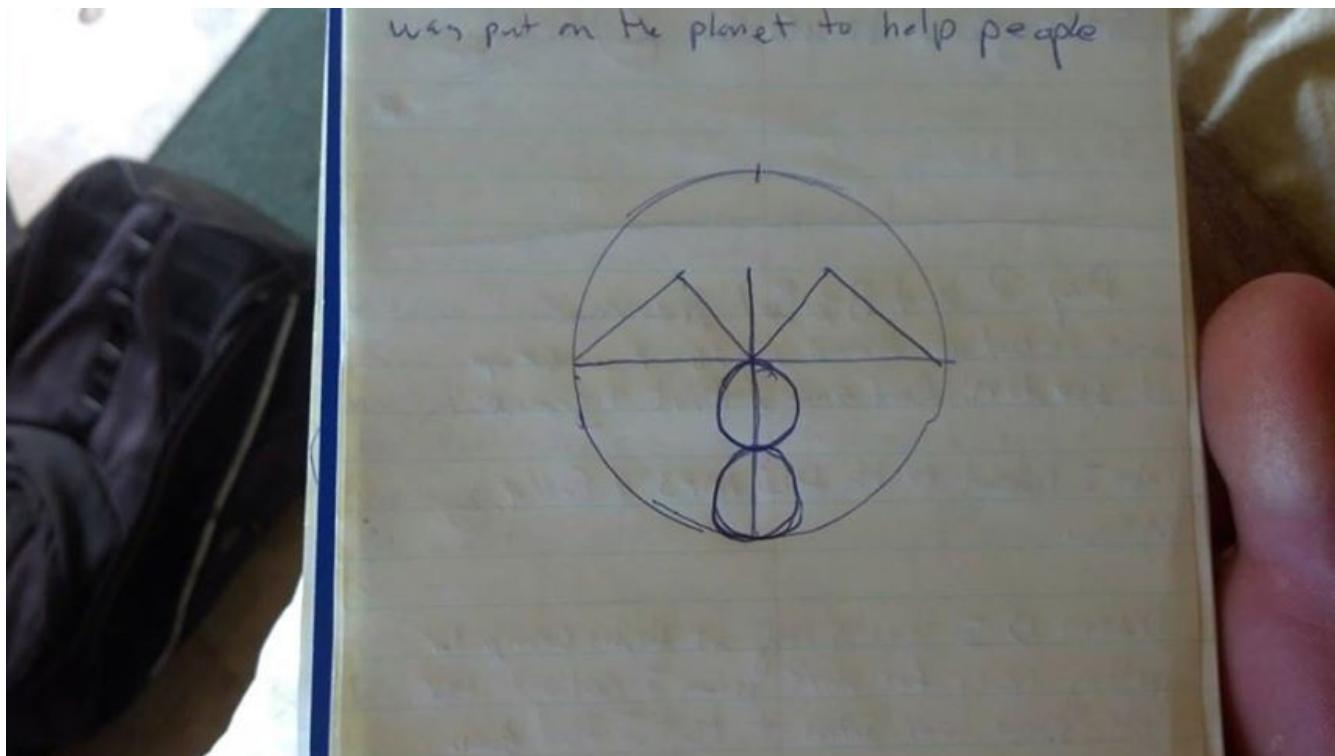
2) Take a piece of paper out and write what your goal is. Then remove all of the vowels and repeating consonants. For example if you were to have a goal of “I'm a confident person **because** I have a lot to offer the world”

You would end up with the letters – m c n f d t p s n b h l w

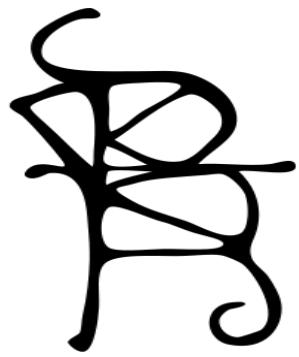
3) Take these left over letters and create a kind of mashed up symbol with them. Then if you want you can refine it a bit.

4) Before you go to bed every night look at this symbol and contemplate it. If you want do some meditation with this symbol in your mind. The more you do this, the greater of a chance this symbol will “seep” into your dreams directly into your subconscious.

Below is a symbol that I created with this technique. The goal that I used to create this symbol is “I'm focused and productive because I was put on the planet to help people.”



Here are some other personal symbols that other people have created. You can make them as neat or as eccentric as you want.



Keep in mind that you don't need to make your symbol as neat as mine. Anytime I use this technique I am a perfectionist on how neat they are.

Hopefully these 5 techniques are enough to help you on any personal development journey you plan to embark on.

I just wanted to say thanks for download this ebook.

Aloha,

Antonio Perez

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